

KALE, AVOCADO & BLUEBERRY SALAT

Serves 4

INGREDIENTS

- 6 cups lacinto kale, torn into pieces
- 3 Tbls. lemon juice
- 3 Tbls. olive oil
- 2 Tbls. balsamic or red wine vinegar
- 1 Tbls. minced chives
- 1 tsp. raw honey
- 1 tsp. Dijon mustard
- 1 avocado, sliced
- 1 cup fresh or dried blueberries
- ¼ cup sliced almonds, pecans or pistachios
- ½ cup crumbled goat or feta cheese



INSTRUCTIONS

1. In a small jar, whisk together lemon juice, olive oil, vinegar, chives, honey and mustard.
2. In a large bowl, toss kale with dressing and massage into the kale.
3. Serve kale onto 4 plates and top with remaining ingredients, dividing between the plates.

NOTES

- Any fruit works well for this recipe – we also like apple slices, cherries or apricots in place of blueberries.